

# WESTFORD COUNCIL ON AGING NEWSLETTER

**JUNE 2015**

THE COUNCIL ON AGING OFFICE HOURS ARE:

MONDAY TO FRIDAY 8:00 AM—4:00 PM

THE TELEPHONE NUMBER IS 978-692-5523.



**MISSION STATEMENT:** The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.

## COUNCIL ON AGING STAFF

Jennifer Claro  
*Director of Elder Services*

Alison Christopher  
*L.I.C.S.W./Social Worker*

Annette Cerullo, LSW  
*Elder Outreach Coordinator*

Claire France ..... Records Supervisor  
Marjorie Hunter ..... Registrar  
Jean Mahoney ..... Registrar  
Eugene Jungbluth ..... Lead Van Driver/Admin  
..... Lead Van Driver/Dispatch  
Marie Lawrence ..... Nutrition Site Manager  
Christopher Mitchell ..... Maintenance  
Peter Murphy ..... Evening Supervisor  
Katherine Russell ..... Vol./Act. Coordinator

## COUNCIL ON AGING BOARD MEMBERS

Helena Crocker ..... Chair  
Robert Tierney ..... Vice Chair  
Nancy Cook ..... Clerk

Dorothy Hall, Patricia Holmes,  
Ret. Chief George Rogers,  
Kathryn Wilson

Richard Severyn ..... President

## FRIENDS OF THE CAMERON OFFICERS

Joan Greenwood ..... Vice President  
Joyce Cederberg ..... Secretary  
Marjorie Hunter ..... Treasurer  
Diane Mudgett ..... Asst. Treasurer

Dear Cameron Senior Center Participants,

I want to thank you for the warm welcome you have given me as your new director. I am looking forward to meeting you all as you come in for exercise, volunteer service, lunch, billiards, and the other opportunities the center has to offer on a daily basis. During my first week, I have spent much of my time talking with the dedicated and nice Cameron staff and learning about the many facets of their jobs as well as interacted with many of the volunteers and our participants. Please know that my door is open to you if you ever want to talk about a suggestion, concern and or an idea regarding the center. I am here to help lead and guide this center to be a place that will meet the needs of our active adults here in Westford as well as welcome other visitor's to this special place.

In closing, I would like to thank the Friends of the Cameron Senior Center, Council on Aging and my colleagues for a warm breakfast reception on my first day.

Thank you and I will be looking for you soon,

*Jennifer Claro*  
Director of Elder Services

## HEAT STRESS

The Cameron Senior Center will be opened for extended hours during heat waves. Call ahead at 978-692-5523.

### To avoid heat stress this summer:

Use head protection (hats,  
umbrellas)

Stay inside during hottest time of day

Avoid exertion

Drink plenty of fluids

Take cool showers or baths

Wear light weight & light color  
clothing

### Symptoms to be aware of:

Fatigue

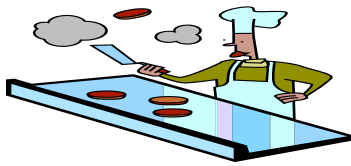
Nausea

Confusion

Dizziness

Throbbing headache

Rapid Heartbeat



## COOKOUTS & GRILL NIGHTS

The Cameron Senior Center invites you to sign up for our series of Cookouts and Grill Nights. We eat indoors. **Reservations are a must.** Please call 978-692-5523.

### **CAMERON GRILL NIGHTS**

Dates: **Thursdays, June 18th and July 23th from 4-6:30 PM.** Burgers and Hot Dogs served, please bring a salad or dessert to share. The cost is \$2.00 per grill night. (Grill closes at 6:00 PM). Volunteers needed for clean-up.

### **INDEPENDENCE COOKOUT**

The Friends of Cameron Senior Center invite you to their Independence Cookout on **Thursday, July 2nd** with food served at 11:30 AM. We will be grilling hot dogs and hamburgers. Please bring a salad or dessert for all to share.

### **KIWANIS COOKOUT**

The Kiwanis will host an evening cookout at the Cameron on **Tuesday, August 11th, at 5:30 PM.** Please bring a salad or dessert for all to share. .

### **REPRESENTATIVE COOKOUT**

Representative Jim Arciero will be hosting a cookout at Cameron on **Thursday, August 20th at 11:30 AM.** This is a great opportunity to meet with him.

### **SENATOR DONOGHUE ICE CREAM SOCIAL**

Senator Donoghue will again be having an ice cream social here at Cameron in August. The day and date TBD. Check our next newsletter for more information.

### **BIRTHDAY CELEBRATIONS**

If you have a June Birthday, please join us in the Welcome Area at the Cameron for Cake and Ice Cream on **Thursday, June 25th at 12:30 PM**; July Birthdays will be celebrated on Thursday, July 30th at 12:30 PM. Come at 11:30 AM and partake of lunch or salad bar before the Birthday festivities! Please call to sign up at 978-692-5523 so we can plan for food.

### **INTERGENERATIONAL SUMMER FUN DAY**

**Save the date, Wednesday, August 5th from 11 AM until 1 PM.** for Summer Fun for all ages; outdoor activities, cookout, and BINGO! More information to come in next month's newsletter.

### **GOLF**

Are you interested in playing 9 holes of golf on Tuesday mornings at Quail Ridge on Great Road in Acton? Fee is \$25 per week for 9 holes of golf and an electric cart if you pre-register at the Cameron Senior Center by calling 978-

692-5523. Arrive at Quail Ridge at 8:30 AM and pay at the Club house. Be ready to hit the links by 9AM. A good way to meet other people and play a round of golf. On the following dates we will tee off at 10 AM with arrival at 9:30 AM: June 9th, Sept. 8th and Oct. 13th. Call the Cameron to register your name and number. Weekly count is necessary.

### **BRUNCH and BEADS**

Back by popular demand! Kathy Cunningham and Leslie Thomas of Coldwell Banker Residential Brokerage, will sponsor this event along with the Cameron Center. Diana Baranowski Seremet, owner of "Beadles" in Chelmsford, will be there to help participants make a beautiful bracelet or necklace. Kathy and Leslie will provide a light brunch. This event will take place on Thursday, June 4th at 11 AM at the Cameron. The cost to participants will be \$5.00 for a piece of jewelry worth much more. Please sign up soon. This is a popular event that you don't want to miss.

### **LUNCH & LEARN PROGRAM**

Please register for the Lunch and Learn Program at the **front desk at 978-692-5523 as soon as possible so that we can plan for food. Space is limited to 18 people.** Join us on **Friday, June 12<sup>th</sup> for a free lunch at 12:15 pm.** Sarah Kinghorn from Footcare Focus will be doing a presentation on Foot Care and Foot Health. The lunch will be donated by the Rangoli Grill. **Friday, July 10th at 12:15 pm** The Mid-State Antique Auto Club will be hosting a car show at the Cameron Senior Center and a cook-out lunch to be provided by Senior Helpers.

### **SOCIAL DANCE**

Back by popular demand, DJ Jon Mansfield will be here to entertain us on Wednesday, July 15th from 1:30 to 3:30 PM. Lunch will be served at 12:30 pm. Jon does his best to play a fair mix of ballroom and line dances. Cost is \$3.00 for the dance only and \$10.00 includes Lobster roll, drink and chips. We need a minimum of 25 people to attend, so please call to sign up by Wednesday, July 8th so we have a head count. Payment may be made the day of the dance. Get out your dancing shoes!

### **CAMERON CLOSET**

Shopping hours are Monday –Friday, 9AM -3PM. We are still accepting spring and summer clothing that are clean and in good condition.

### **MONTHLY MOVIE**

A movie will be shown on the third Friday of each month at 1:30PM in the Cameron sitting area. Please sign up at the front desk 978 692 5523. On **Friday June 19<sup>th</sup> at 1:30PM** the movie will be "**Remember the Titans**" (2000) with Denzel Washington. **July 17th at 1:30 PM** "**My Fair Lady**" (1964) with Audrey Hepburn and Rex Harrison. Any movie suggestion please let Katie know by email [krussell@wetsfordma.gov](mailto:krussell@wetsfordma.gov) or call 978-399-2330.

## VOLUNTEER CORNER

**Volunteer/Activities**

Please Join our Team! We are always looking for new Volunteers. If you are interested, please give Katie a call at 978-399-2330 or send her an Email at [krussell@westfordma.gov](mailto:krussell@westfordma.gov). Areas and programs that are looking for more volunteers:

**Fitness Room:** Multiple shifts available

**Cameron Closet Sales Clerk:** Seeking shifts

Thursdays 12 PM - 3 PM

**Meals on Wheels Drivers:** A rewarding way to give back to the community. Each route takes about an hour to deliver food to the door of the Meals on Wheels clients.

**Newsletter Volunteers:** Seeking helpers to fold the newsletters.

**Salad Bar Helper:** To cut the vegetables, set-up and clean-up the salad bar. Thursdays and Fridays during the summer.

**FOOD PANTRY**

The Westford Community Food Pantry is located at the Senior Center and staffed by volunteers. The hours for **June** are as follows:

- **Monday's, June 1st & 15th** —1:00-3:30 PM
- **Wednesday's, June 3rd & 17th** - 8:30-11:30 AM
- **Thursday's, June 4th & 18th** -8:30-11:30 AM & 6-8 PM
- **Friday's, June 5th & 19th** -8:30 - 11:30 AM

The Westford Community Food Pantry is located on the first floor at Cameron.

**The Food Pantry is Seeking Donations! Please donate Non- Perishable foods that have not expired, and Please NO glass containers.**

**DO YOU NEED HELP WITH THE HIGH COST OF GROCERIES?**

- If you are 60 years or older, you may qualify for food assistance. For more information call the Food Source Hotline at 1-800-645-8333.

**SALAD BAR** - Our Salad bar is back! Thursdays and Fridays 11:30 AM - 12:15 PM. The success of this salad bar depends on your participation!

**LUNCH** - Valley Program age 60 low cost at



The Merrimack Nutrition provides anyone and over with nutritional meals Cameron,

Monday – Friday at 11:30 AM. Call 978-692-5523 a minimum of two days in advance between 8:00 - 10:00 AM to make your reservation. The donation is \$2.00. If spouse/partner is under the age of 60, the meal cost is \$4.50.

**MEALS ON WHEELS** - Meals on Wheels clients are now offered a choice of five special diets. Along with the traditional Meals, a special diet with a doctor's authorization is available. Let us assist you Monday through Friday by delivering meals to your door around noontime. Call 1-800-892-0890 to register. *Volunteer drivers wanted, call 978-399-2330.*

**ACTIVITIES**

**Confirm class dates and times with your instructors.**

**IMPORTANT NOTICE:** Thank you to the Friends of the Cameron Senior Center; Programs are now free thanks to their generosity. Please thank them and maybe consider a donation to them.

**AEROBICS with Elaine** - Classes are on Wednesday's at 9 AM and Friday's at 8:30 AM.

**ART-OPEN STUDIO** - Any person who paints in oils or watercolors is welcome to join our open group on **Mondays, from Noon to 3 PM.**

**UPBEATS BAND MUSIC** - If you love music, play an instrument and want to have fun, come join the Band on **Tuesday mornings from 10:15—11:30 AM.** Hope to see you there!

**BILLIARD TABLE** - Billiard table available for your enjoyment **Monday through Friday 8 AM - 3:30 PM.** Players are available on Mondays & Fridays if you would like to come and partner up.

**BINGO** - **Monday's, 1–3 PM & Thursday's, starting at 6:45 PM,** doors open ½ hour early. If you need a ride, call the transportation line at 978-399-2322 in advance.

**BONE BUILDERS** - Morning classes are on **Monday and Wednesday at 9:30 AM.** Afternoon classes are on **Tuesday and Thursday at 1 PM.** Please call 978-692-5523 to enroll in this program that can help you with balance and strength building. When you call ask for a form and then stop by to complete the paperwork prior to starting a class.

**BOWLING** - **Wednesdays, at 9:00 AM** at Brunswick Lanes in Lowell. Call Jack at 978-692-7889 for more information. Looking for 3-4 people to form another team. There is a fee to bowl.

**MEN'S BREAKFAST** Men's Breakfast will be held on **Tuesday, June 9th at 8 AM;** however if you would like to meet in the Welcome Area at 7:30 AM and have a cup of coffee please do so. We will be hearing from Gloria Gilbert, Founder of the Westford Farmer's Market. Now that it is finally nice weather, we can start thinking about the great outdoors and good food! Gloria will discuss the history of the Market, items sold there, and the community impact. Please RSVP at least 2 business days ahead of time so that we can plan for food by calling 978-692-5523 or email [achristopher@westfordma.gov](mailto:achristopher@westfordma.gov). Men's Breakfast will resume on Tuesday, September 8th.

**WOMEN'S BREAKFAST** - Woman's Breakfast will start again on **Thursday, September 10<sup>th</sup>.** Thank you for your

support.

**INTRO-COMPUTER** - If you are interested in learning basic computer skills call 978-692-5523 to sign up. You will be called by our instructor Mary Eve to set up a time for your instruction. We have WiFi.

**CHAIR MOVEMENT EXERCISE** - Tuesday's , 10:15—11:15 AM and Thursday's 10:00—11:00 AM. This is our popular gentle exercise class that includes all elements of Body Conditioning and Aerobic Activity. Hand weights and stretch bands may be used and are provided as well as optional for the participant. Our instructors are Jo and Carol.

**CRIBBAGE** - This game minded fun group meets every Wednesday from 1 to 3 PM. Come join us!

**DARTS** - The Dart board is set up in the Billiard Room for your enjoyment, when ping-pong is not in use.

**FITNESS/STRENGTH TRAINING ROOM** Come join the 490+ seniors who are getting fit the Cameron Way! The Fitness Room hours are Monday - Friday, 8 AM-3:30 PM. Equipment includes treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down, biaxial chest press, upper back, low back, leg press, flat/incline bench and dumbbells. Complete the registration and liability waiver form. Annual payment of \$50 for resident age 60 and over, \$25 for resident age 80 and over. You will then be scheduled for an introductory training session on the equipment. Registration forms are available at the Cameron Front Desk. You may be eligible for reimbursement through your insurance. There is a Fitness Room fee.

**GENEALOGY WORKSHOP** - Every third Tuesday of the month, Tuesday, June 16th from 9AM—12 Noon. Call 978-692-5523 to schedule an appointment.

**HAND AND FOOT** A variation of Canasta. Come play this fun game every Thursday from 1—3:30PM. We have a great time and would welcome new players.

**KNITTING-BUSY FINGERS** - New participants are always welcomed! This group meets every Monday & Wednesday in the Welcome Area from 1-3 PM to make knitted and crocheted items. Great conversation; bring your project and come join us!

**ASK THE LAWYER** - Free legal service provided by the office of Attorney's Madge & Johnson is available to all Westford seniors age 60 and over by appointment only. The next date is Tuesday, July 7th at 9:30 AM. Please call 978-692-5523 to reserve a time.

**MUSIC MAKERS** Meet on Friday's from 9 to 10:30AM, under the Musical Direction of Tom Boyer.

**PING PONG** - Ping Pong is actively happening on Fridays at 10 AM. Come join the other players for some light hearted competition!

**QUILTING CLUB** - The Cameron Quilters are a group of dedicated quilters who make and donate comfort quilts for elders and children. Stop by and join them on Monday's at 9:30 AM. All skill level quilters are welcome.

**MEET THE REALTOR** - Local real estate agent Kathy Cunningham of Coldwell Banker will be at Cameron on Monday, June 8th at 10:00 AM. Please sign up by calling 978-692-5523.

**RESTAURANT REVIEW** Be sure to mark your calendars for our next outing on Wednesday, June 24<sup>th</sup> at 11:30 AM, at Filhos, 235 Main St., Groton, MA. Please pre-register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. Check in under "Westford Senior Center". Bon Appetit.

**SCRABBLE** -Our friendly group would love to welcome new scrabble players of any level! Please come and join us for some interesting and light hearted fun on Tuesday's from 1 – 3:30 PM. Try us out!

**T'AI CHI** - Classes are on Monday's at 1 PM and are opened to new participants each week. Please call and register at 978-692-5523.

**Wii** Will games are taking place on Friday's at 1 PM in the computer room; so if you are interested in participating and partnering up please come and join us! The Wii is available at other times as well.

**GENTLE STRETCH YOGA** - Gentle Stretch Yoga is a modified series of traditional poses, which can be done by almost anyone—of any age or ability. Our instructor is a certified yoga and older adult fitness instructor. This weekly class is held on Tuesdays from 9-10 AM and Wednesdays from 1:30-2:30 PM. It is suggested that you bring a mat with you. If you are interested in this class please call 978-692-5523 to sign up.

**BASIC ZUMBA** - Basic Zumba is a great way to get moving and have fun. Join Carol our instructor on Tuesdays at 8:15 AM and Thursdays at 9:00 AM. Ask about the reimbursement program.

## MEDICAL INFORMATION

**PRESCRIPTION ADVANTAGE** - Do you need help with prescription drug costs? Prescription Advantage may be your answer. Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. There is no charge for joining Prescription Advantage, if you have an annual income less than \$35,011 for a single person and \$47,191 for a married couple. (There is no asset limit!) For more information call your Senior Center (978-692-5523) and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible. Prescription Advantage has a new web-site! [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org). It includes: Benefit & eligibility information, the most recent application forms &



rate sheets and a secure, user-friendly on-line application.

### **PRESCRIPTION ADVANTAGE SPEAKER**

**June 3<sup>rd</sup> at 1PM at Cameron.** Come hear Kathy Devine, outreach coordinator for Prescription Advantage, talk about how the program works with your Medicare or other prescription drug coverage. This is especially important for people who reached the donut hole in 2014. Call 978-692-5523 to register.

**SHINE** - If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions, please call the Senior Center at 978-692-5523 and sign up by leaving your name and phone number. The next scheduled date is **Monday, June 8th at 1 PM.**

### **Did YOU Reach the "Donut Hole" last year?**

*If so... chances are you could reach it again!*

If you have a Medicare Part D or Medicare Advantage plan and do **not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means.... a \$300 brand name drug will now cost you \$135!.....This is where **Prescription Advantage** can help. ....**Prescription Advantage**, the Massachusetts prescription drug assistance program, can help pay for you prescription drugs when you reach the "donut hole."

To find out how to lower your drug costs, call Prescription Advantage at: 1-800-243-4636 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit their web-site at: [www.prescriptionadvantagemass.org](http://www.prescriptionadvantagemass.org).

*The money you save can be your own!*

**FITNESS REIMBURSEMENT** - As an incentive for people to get fit and stay healthy many health insurance companies offer a Fitness Rebate up to \$150. for participating in an approved fitness center. The Westford COA is an approved center for several insurance companies, please check with yours. You need to contact your insurance company by phone or on line to get the Fitness Rebate Form, complete it with proof of your membership to a fitness center and proof of payment and submit it for the previous year's fitness. Most companies have a deadline of early spring so now is the time to submit for your rebate.

**PODIATRY CLINIC** - Our podiatrist, Dr. Aileen Gregorian will be at the Senior Center on **Monday, July 13th at 9:30 AM.** The cost of the clinic is \$30. Appointments are necessary; please call 978-692-5523.

**BLOOD PRESSURE & MORE** - These provide a blood pressure reading, medication review, weight check and an opportunity to have other concerns reviewed. Both

screenings are held at the Senior Center the dates and times for **June** are:

- Second Tuesday of the month, **June 9th 9:30 - 10:30 AM** with the Board of Health.
- Fourth Monday of the month, **June 22nd 8:00 AM** with Circle Home, Inc. on the second floor at Cameron.

**BOARD OF HEALTH CLINIC - Hearing/Hearing Aid Screening - Monday, June 11th from 9:30 - 11:30 AM.**  
Location: Cameron Senior Center. Appointments only. Call the Board of Health at 978-692-5509 to book your 40 minute appointment with Dr. Megan from HearSmart Audiology located in Littleton, MA.

### **TRANSPORTATION**

Save gas and utilize Cameron's transportation! For your everyday rides call 978-399-2322 to reserve your seat on a van for your medical or social appointments! Every Wednesday we pick up around town for Market Basket, please call ahead! The cost for a round-trip ride within Westford is \$3, for surrounding towns is \$6, and \$8 for out-lying towns. Should you need to cancel the day of your transport, please call the front desk at 978-692-5523.

### **FINANCIAL**

#### **T.R.E.A.D APPLICATIONS**

Tax Relief for the Elderly and Disabled applications are now available at the Cameron front desk or by calling 978-692-5523. This program was adopted by the Town in 1997 under Mass Law Chapter 60, Section 3D. The purpose of the fund is to defray the real estate taxes of people over age 65 and disabled persons of low income. Completed applications are requested by July 30th, 2015. This is an earlier timeframe than past years to allow for ample application review time. T.R.E.A.D. awards vary yearly as the funds are dependent on donations from private individuals and businesses. No Town funds are utilized. Voluntary tax deductible donations are always accepted and can be made payable to the Town of Westford T.R.E.A.D.

#### **2014 CIRCUIT BREAKER**

Maximum credit: \$1,050. Minimum Age: 65(as of 31 Dec 14). If filing a joint return, only one needs to meet the minimum age requirement. Maximum Total Income: Single Return - \$56,000, Head of Household Return - \$70,000, Joint Return - \$84,000. Maximum Assessed Value of Home: \$691,000 (only applies to homeowner). Renters are eligible for the circuit breaker providing they do not receive any federal or state rent subsidy or rent from a tax-exempt entity (e.g., housing authority). If your home is owned by a trust:  
If the trust is a **revocable trust** (also known as a living or grantor trust) and you are the trustee, you are treated as a homeowner. If you are not the trustee, you are treated as a renter. If the trust is an **irrevocable trust**, you are treated as a renter.

If you live in the home under the terms of a life estate which requires you to pay the real estate taxes, you are

treated as the homeowner unless the home is owned by an irrevocable trust. If the home is owned by an irrevocable trust, then you are treated as a renter.

### FUEL ASSISTANCE APPLICATIONS

**FUEL ASSISTANCE:** New applicants' appointments began in November at the Senior Center for all residents by calling Alison at 978-399-2325. If you are a new applicant with a termination notice on a gas or electric bill please call CTI at 978-459-6161. They will schedule an appointment ASAP to avoid termination of utilities. If you received a renewal application in the mail and need assistance completing it please call Alison at 978-399-2325 or Annette at 978-399-2326.

HOUSEHOLD SIZE	MAXIMUM GROSS INCOME
1 .....	\$32,618
2 .....	\$42,654
3 .....	\$52,691
4 .....	\$62,727

### OUTREACH

I am available to answer your questions, make home visits and provide resources. If you are seeking information regarding medical issues, housing options, driving concerns, activities, support groups, etc., then just give a call to your outreach coordinator, Annette at 978-399-2326. No question is silly!

### SUPPORT GROUPS

We are now posting several local support groups on our town website for your reference. Simply go to [www.westfordma.gov/coa](http://www.westfordma.gov/coa), click on Services/Programs and then click on Support groups for listings. If you have further questions please feel free to contact Annette, Outreach Coordinator or Alison, Social Worker at 978-692-5523.

### ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

- Support Group for Caregivers of Patients with Alzheimer's & Related Dementias meets at the Cameron Senior Center, 20 Pleasant Street on the first Wednesday of each month at 6:30 PM. For information, please contact Sandy at 978-758-6072.
- Chelmsford Senior Center, meets the 2nd and 4th Monday of each month from 1-2:30 pm. For information call 978-251-8880.

**COMPANION & RESPITE CARE** - For age 60 & over and/or disabled residents. This service provides supervisory care to allow the caretaker a time of rest. This service is available days, evenings, overnights and weekends, on a temporary or permanent basis. For more information call the Chelmsford Senior Center at 978-251-8491.

### DID YOU KNOW?

June 15th is World Elder Abuse Awareness day

(WEAAD). The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness. This day serves as a call to action for individuals, organizations and communities to be aware of elder financial abuse, physical/mental abuse, neglect and exploitation. If you have any related concerns, please feel free to bring the matter to the attention of the Social Services Department at the Cameron Senior Center at 978-399-2325, the Westford Police Department, Family Services Detective Narisa at 978-692-2161 or Elder Services of the Merrimack Valley at 800-892-0890.

**There is help available.**

### MISCELLANEOUS

#### SOCIAL WORK SERVICES

The summer tends to be a quieter time in the Social Work office. If you have been considering calling or coming in to talk about a concern, question, or future plans for yourself or of a loved one, now is a great time to do it! Alison is happy to meet with you here or in your home to discuss personal, health, mental health, financial, family, or other issues. Call 978-399-2325.

#### 19th ANNUAL SENIOR ART EXHIBIT

The theme for the 2015 exhibit is the 250th Anniversary of the Liberty Tree and is open to all citizens age 62 and older. The guidelines for the exhibit is as follows: entries will be accepted from both amateur and professional artists and will be displayed at the Commonwealth Museum. All medium of art is acceptable (oils, watercolor, ink, pastels, etc.). The artwork should represent personal interpretations of the ideals and principles of freedom. The size requirements are a minimum 5" by 7" and maximum 18" by 24." If an artist is unable to mat and frame the entry, the Commonwealth office will provide matting using basic materials. Please print your name, address, telephone number, and medium used on the back of the artwork and enclose the signed authorization form in order for the artwork to be displayed on our website. The authorization form will be available at the Cameron front desk. The deadline for entries is July 1st and must be mailed or delivered to the attention of Delores McCray, Commonwealth Museum, 220 Morrissey Boulevard, Boston, MA 02125. An Annual Award Ceremony will be held at the Commonwealth Museum at a date to be announced. At the time of the ceremony artwork may be retrieved. If an artist is unable to attend, we will return their art work to them. For further assistance, please call Dolores McCray at 617-773-5924.

#### HANDYMEN

We are fortunate to have a few men who have graciously volunteered to help our local seniors on fixed incomes with small projects: i.e, hanging curtain rods, moving air conditioners, fixing lamps, small paint/carpentry jobs, etc. We are also in need of a few more volunteers who could help with small projects. If you have a job that you need assistance with, or would like to help as a volunteer call

your Outreach Worker, Annette to discuss it at 978-399-2326.

### **MEMOIR WRITING**

Everyone has a life changing event whether good or bad. Have you ever asked yourself "What your legacy would be? What will you leave behind?" If so and you are interested in a Memoir Writing Class, please sign up at the Front Desk at 978-692-5523 and we will determine, based on strong interest, when a class would start. The class would be twice a week for one month.

### **THE WORLD FAMOUS GLENN MILLER ORCHESTRA**

Sponsored by the Town of Acton, the performance will be at the Nara Park Amphitheater, 25 Ledge Rock Way, Acton on Friday, July 10th from 7 - 9:30 PM. The cost is \$10 per ticket. Tickets may be purchased in advance through secure online registration at [www.acton-ma.gov/register](http://www.acton-ma.gov/register). Tickets will also be available at the door. There will be food vendors onsite. No coolers will be allowed and seating is limited. Bring a chair or blanket and enjoy this great musical event!

### **DE CLUTTERING GROUP INQUIRY**

Are you struggling with how to downsize your possessions? Do you feel overwhelmed by clutter? Would you like to learn to be more organized and to discard things that you no longer need? We are considering starting a de-cluttering support group with an experienced group leader. If you would be interested in participating in this type of a support group, please call and leave your name at the front desk 978-692-5523. If there is sufficient interest, we will work on scheduling it.

**BREAKFAST** - A healthy nutritious breakfast is now available Monday-Friday from 8:30 - 9:30 AM at Cameron. The breakfast includes oatmeal, muffin, milk and juice. Breakfast to go is also available throughout the day by stopping at the front desk. We ask that you sign in so we can track the usage. Limit one breakfast per person per day.

**"ASK THE OFFICER"** - Westford Police Department Family Services Detective, Nirisa Nicoletti, will be available for consultation at Cameron on the **2nd Thursday of each month from 11AM to 12 Noon**. She will be here on **June 11th**. You may call 978-692-5523 for an appointment or walk-in.

**VETERANS SERVICES** - Meet with the Westford Veterans' Agent/Veterans Service Officer, Terry Stader on Thursdays between 8 AM and noon at the Cameron Senior Center. His regular office is located in the Millennium Building behind Abbot School located at 23 Depot Rd and is open Monday thru Thursday, 8:00 AM until 4:00 PM. Fridays by appointment only. Call 978-392-1170 or visit <http://westfordma.gov/veterans> for more information.

**ELECTRONIC MAIL** - Are you willing to receive your monthly COA newsletter by email? **WE ARE LOOKING TO REDUCE OUR POSTAGE COST and this would help us.** Contact [cfrance@westfordma.gov](mailto:cfrance@westfordma.gov) and let

her know your name and address as it appears exactly on this newsletter label and she will inform you how you can sign up on line.

**WISH LIST** - Napkins.

### **WE NEED YOUR HELP**

Please we need you to swipe in on My Senior Center. Swiping in provides us with the data to be used when applying for grants and submitting Annual Reports to the State. Please assist us by swiping in. Thank you.

### **LITERACY TUTORING VOLUNTEER TRAINING**

The Literacy Volunteers of MA at the Pollard Memorial Library in Lowell offers free tutoring for students who are looking to improve their spoken English and/or reading and writing skills. Our tutoring is done by trained volunteers. We are having an upcoming training in June for volunteers who would like to become tutors. If you are interested in training to become a tutor, please contact Marie Caprio, Literacy Assistant at the Pollard Memorial Library at 978-674-1541.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Maple Glazed Salmon Scalloped Potatoes Mixed Vegetables Chocolate & Diet Pudding Whole Wheat Dinner Roll	<b>2</b> Pineapple Ginger Chicken White Rice Vegetable Medley Strawberry Cup – Reg Peaches – Diet Italian Bread .	<b>3</b> American Chop Suey Peas and Carrots Parmesan Cheese Fresh Orange Rye Bread	<b>4</b> <b>High Sodium Meal</b> LS Hot Dog Mustard & Relish Baked Beans Coleslaw Mandarin Oranges Hot Dog Roll	<b>5</b> Potato Fish Filet Whip Potato with Chives Mixed Vegetables Pear Cup Rye Bread
<b>8</b> Potato Fish Filet Whip Potato with Chives Mixed Vegetables Pear Cup Rye Bread	<b>9</b> Breaded Chicken Cran. Sauce Whip Potatoes Carrot Coins Fresh Apple Light Rye Bread	<b>10</b> Meatball Sub Tomato Sauce California Blend Veggies Parmesan Cheese Fresh Apple Sub Roll	<b>11</b> <b>High Sodium Meal</b> Baked Ham / Fruit Sauce Whip Sweet Potatoes Broccoli and Cauliflower Ice Cream Oatmeal Bread	<b>12</b> Krunch Lite Fish Potato Wedges Green and Gold Beans Lorna Doones Whole Wheat Bread
<b>15</b> Chicken a la King Whipped Potatoes Peas and Carrots Unsweetened Applesauce Low Fat Muffin	<b>16</b> BBQ Pork Patty Sweet Potato Wedges Cole Slaw Ketchup Packet Ice Cream Whole Wheat Roll	<b>17</b> Mild Chili Shredded Cheese LF Sour Cream Green Beans Peach Cup Tortilla Chips	<b>18</b> <b>Birthday Dinner</b> Roast Turkey with Gravy Red Bliss Whip Potatoes Carrot Coins Cran. Sauce Birthday Cake / Plain Cake Whole Wheat Dinner Roll	<b>19</b> Fish Strips Tartar Sauce Potato Wedges Italian Blend Vegetables Fresh Orange Italian Bread
<b>22</b> Beef Meatloaf w/ Gravy Whip Potato & Chives Chuckwagon Corn Strawberry Cup/ Mandarin Oran. Oatmeal Bread	<b>23</b> Chicken Cacciatori White Rice Parmesan Cheese Peas & Carrots Mandarin Oranges Whole Wheat Bread	<b>24</b> Stuffed Shells California Blend Veggies Parmesan Cheese Fresh Apple Low Fat Muffin	<b>25</b> Chicken Supreme Cran. Sauce Whip Potatoes Scandinavian Blend Veggies Mandarin Oranges Oatmeal Bread	<b>26</b> Fish Filet Roasted Red Potatoes Vegetable Medley Sherbet Dinner Roll
<b>29</b> Teriyaki Diced Chicken White Rice Scandinavian Blend Veg. Pineapple Multigrain Bread	<b>30</b> Roast Pork Mixed Veggies Whipped Sweet Potatoes Diced Pears Oatmeal Molasses Bread	 <b>JUNE 2015</b>	Suggested donation is <b>\$2.00 per meal.</b> All meals served with low-fat milk, bread, margarine and dessert.	<b>MENU SUBJECT  TO CHANGE  WITHOUT NOTICE</b>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon Food Pantry 1 PM T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM	Basic Zumba 8:15 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM	Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 9 AM Bone Builders 9:30 AM Prescription Advantage - Speaker 1PM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM Alzheimer's Sup. 6:30 PM	Breakfast 8:30-9:30 AM Veterans Services 8 AM Food Pantry 8:30 AM Basic Zumba 9 AM Chair Movement 10 AM Brunch & Beads 11 AM Salad Bar 11:30 AM Bone Builders 1 PM Hand & Foot 1 PM Food Pantry 6-8 PM Bingo 6:45 PM	Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 8:30 AM Music Makers 9 AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 11:30 AM Wii 1:00 PM
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Breakfast 8:30-9:30 AM Hearing 9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Meet the Realtor 10 AM Art/Open Studio 12 Noon SHINE 1 PM T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM	Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Men's Breakfast 8:30 AM Gentle Yoga 9 AM Blood Pressure 9:30 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM	Breakfast 8:30-9:30 AM Aerobics 9 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM	Breakfast 8:30-9:30 AM Veterans Services 8 AM Basic Zumba 9 AM Chair Movement 10 AM Salad Bar 11:30 AM Bone Builders 1 PM Hand & Foot 1 PM Bingo 6:45 PM	Breakfast 8:30-9:30 AM Aerobics 8:30 AM Music Makers 9 AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 11:30 AM Lunch & Learn 12:15 PM Wii 1:00 PM
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon Food Pantry 1 PM T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM	Breakfast 8:30-9:30 AM Basic Zumba 8:15 AM Genealogy 9 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM	Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 9 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM	Breakfast 8:30-9:30 AM Veterans Services 8 AM Food Pantry 8:30 AM Basic Zumba 9 AM Chair Movement 10 AM Ask the Officer 11AM Salad Bar 11:30 AM Bone Builders 1 PM Hand & Foot 1 PM Grill Night 4 PM Food Pantry 6-8 PM Bingo 6:45 PM	Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 8:30AM Music Makers 9 AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 11:30 AM Wii 1:00 PM Movie 1:30 PM
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Blood Pressure 8 AM Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM	Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM	Breakfast 8:30-9:30 AM Aerobics 9 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM	Breakfast 8:30-9:30 AM Veterans Services 8 AM Basic Zumba 9 AM Chair Movement 10 AM Salad Bar 11:30 AM June Birthday Cake 12:30 PM Bone Builders 1 PM Hand & Foot 1 PM Bingo 6:45 PM	Breakfast 8:30-9:30 AM Aerobics 8:30 AM Music Makers 9 AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 11:30 AM Wii 1:00 PM
<b>29</b>	<b>30</b>			
Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM	Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM			

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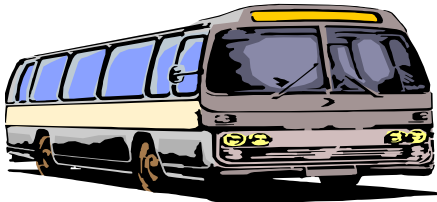
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### DAY TRIPS

**Call 978- 692-5523 for reservations and information on the following trips. Payment is due upon signing up for a trip. Make all checks payable to ‘Town of Westford’. Please, only register for self and spouse/companion for the trip. Transportation departs and returns from the rear parking lot at the Franco American Club at 55 West Prescott St. Please park at the rear of the lot.**

**Tuesday, June 9th “Mohegan Sun”** - Buckingham Motor Coach departs from the Franco American Club at 7:15 AM. The fee of \$30, which includes driver gratuity and is due at time of sign-up. Receive bonus and food coupon. Please call 978-692-5523 to register.

**Wednesday, June 10th, North Shore Music Theatre presents “Dreamgirls”**, the story of an up-and-coming 1960’s girl group and all that comes with fame and fortune. Depart at 10 AM from the Franco on your luxury Silver Fox Coach. Lunch will be at the Danversport Yacht Club with a choice of fresh baked scrod or baked chicken.

Then you travel to the Theatre for your matinee show. Return home at about 5:30 PM. The all inclusive cost, including driver gratuity is \$102.p/p.

**Tuesday, July 14th, “Boston Ducks”**, Featuring the same Ducks used in the Victory Parades for the World Champion Boston Red Sox, New England Patriots and Boston Bruins. Depart from the Franco at 9 AM on your luxury Silver Fox Coach. Tour Boston Common, view the Public Gardens. You can take a Swan Boat Ride (on your own). Next you are off to Quincy Market , where you can enjoy lunch (on your own) or a short walk to the famous North End . This afternoon you will take a narrated tour on one of the famous Ducks, where your narrator will point out all the Boston sights. Arrival home at 5PM. The all inclusive cost, including driver gratuity is \$72. p/p.

**Tuesday, August 4th “Twin River Casino”**- Join in for the fun! Twin River has all the casino amenities you could want. The tour includes: \$7 Food Credit, \$10 Cash and a delicious full course buffet. The fee is \$30, which includes driver gratuity and is due at the time of sign-up. Please call 978-692-5523 to register.

**Tuesday, August 11th “Rhode Island Light House Tour”** with lunch at Greeg’s Restaurant. More information to follow in next month’s newsletter.